

Welcome to the Winter/Spring newsletter. Many new things are happening in your county in addition to our regular programs.

One thing we are proud to say is that through many personal and corporate donations we will be searching for a part-time 4-H staff person by the time you receive this newsletter. This is only a temporary fix and we still need to restore full time funding to best meet the needs of our 4-H members. Thank you one and all for your letters to the editors, standing up and talking at Chippewa County Commission meetings, holding protest on the Courthouse lawn, and talking to our elected officials on the importance of 4-H in your life.

We will be starting a Master Gardener course in the fall of 2005, but are allowing folks to hold their place with \$25. Classes will start the Tuesday after Labor Day at the Kinross Township Hall. We look forward to a lively class and some excellent presentations. Sign up now to hold your spot!

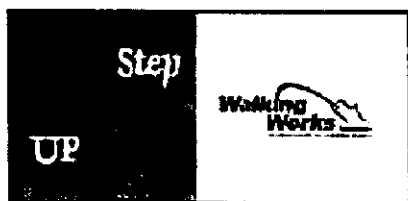
Check us out our new Chippewa County portal. Here we have a calendar and are able to post pictures and notes about all our MSU Extension events. You can reach it at: <http://www.portal.msue.msu.edu/portal>. Then go to the directory on the left side and select "Chippewa County." By next issue, this newsletter will also be posted on the site.

I look forward to visiting with you this new year.

**INSIDE THIS ISSUE**

Step UP to Walking .....	Page 2
TV Magic .....	Page 3
Calorie Control .....	Page 4
Fast Foods .....	Page 5
Trail Notes .....	Page 6
Houseplants .....	Page 7
Seed Germination .....	Page 8
Project FRESH .....	Page 8
Grants .....	Page 9
Farm Market .....	Page 10
Master Gardener .....	Page 10
New Babies .....	Page 10
Handwashing .....	Page 11
Credit Cards .....	Page 11
Cooking With Kids .....	Page 12
Food Safety .....	Page 12

**MSU EXTENSION - Chippewa County**  
300 Court Street  
Sault Ste Marie, MI 49783  
(906) 635-6368  
(906) 635-7610 fax  
[chippewa@msue.msu.edu](mailto:chippewa@msue.msu.edu)



## STEP UP

Step UP Chippewa County to the perfect gift for the new year!

Many people want to move their bodies to reduce the potential of heart disease and related illnesses. It is amazing how little or how much you do walk in a day. The Step UP program helps you see what distances you currently move and gauge ways to help you move more.

In cooperation with the Wellness Council of the UP and Blue Cross/Shield of Michigan, the MSU Extension office of Chippewa County is a local sponsor to help you Step UP your activity in 2005. The Step UP program gives you everything you need to get started. To sign up, go to: <http://www.fitup.org/>.

You can purchase quality pedometers on-line (<http://www.bcbs.com/walkingworks/crossshield.html>) or you can Step UP to the Chippewa County Extension office and purchase one for \$5 with personal instructions on how to set it up and get moving. Your \$5 will go directly to fund Project FRESH 2005, a program that gives WIC families coupons to purchase produce at our farm markets. Just think, your \$5 donation will provide \$15 of local produce to a local family! Not only are you helping yourself by stepping UP your activity levels, you are helping local families by your purchase of a pedometer from the MSU Extension office.

Participants signing up at our office will receive weekly e-mail reminders about walking, updates of local events, dry and warm places to walk this winter, and e-mail links to the Path to Healthier Lives for the eight week period Step UP is being conducted.

If you already have a pedometer, you can still donate \$5 to Project FRESH 2005 and sign up for e-mail updates as part of the Chippewa County team. The more the merrier!

As my Grandpa always said, "If you don't have your health, you don't have anything."

If you have any questions about this program, walk over to the Extension office for your Chippewa County Step UP packet or call 906-635-6368 or [lucas@msue.msu.edu](mailto:lucas@msue.msu.edu).

## WALKING IN A WINTER WONDERLAND

There is no such thing as bad weather, just bad clothing worn at the wrong time. This year don't let the cold and snow keep you from experiencing the exhilaration of life. Live it up and go play in the snow, build a snowman, take a snowshoe hike, or ride a snowmobile. Be safe, stay warm and dry, but do get out and experience the best of what life has to offer.

Dress in layers and go with wools, polypropylene or silks. Avoid cotton as it retains moisture and will serve to make you colder when wet. When taking part in an activity, you should be dressed so that when you start you feel slightly chilled; as you get active this will change. Use a silk or polypropylene layer next to the skin to wick moisture away and help keep you warm and dry. Next go with a warm shirt and pants followed by a sweater or fleece jacket. The final layer should be wind proof and water resistant (nothing is truly waterproof). Wind and water can rob you of vital warmth quickly.

Participate in winter activities with a friend and closely watch one another for signs of frostbite, and developing hypothermia. Frostbite occurs when the skin becomes dry and literally begins freezing. Re-warm the affected area and give warm fluids; do not rub the area as internal tissue damage can occur. Hypothermia is when the body's core temperature is lowered. Symptoms include shivering, loss of coordination, and slurred or incoherent speech. Left unchecked, it can be a killer. Get your friend out of the cold and warm them up. Hot tea or hot chocolate are both good to warm from the inside.

The old saying that if your feet are cold – put on a hat makes sense, because 85% of the blood vessels are in the head supplying the brain. Most heat loss occurs from your head so keep it covered. Keep your toes warm by wearing good waterproof, insulated boots. Wear two pairs of socks, wool is best with a cotton inner sock to draw moisture away from the feet. Do not wear socks too tight so that circulation is reduced, as this will only make feet colder.

Pack a bag which includes a thermos of hot soup, a pair of binoculars, extra gloves and socks, fire making supplies, and compass, or a Global Positioning System (GPS) (and carry in your head the knowledge of how to use them). Other items can include a good field guide to nature in winter.

## TV TURN-AROUND

Too much TV can lead to poor learning or health problems like being overweight. Setting limits and keeping an eye on what your children watch can turn TV into a way for the whole family to learn together. Most doctors recommend no more than 2 hours of TV a day for children.

Tips for healthy TV watching habits:

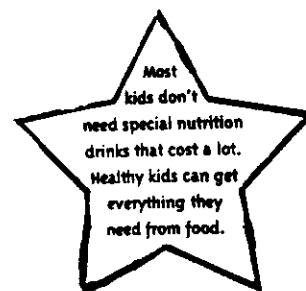
- ❖ Let TV be a reward for good behavior. For example – No TV until homework and chores are done.
- ❖ Help your child to be active – limit time watching TV and playing video games to 2 hours a day.
- ❖ Help your child pick the programs he or she wants to watch.
- ❖ Talk with your child about what he or she watches on TV.
- ❖ Only turn on the TV when you are watching a program.
- ❖ Turn the TV off during meals.
- ❖ Choose one day a week for your family to be “TV Free.” Instead of watching TV, play games, read, or go for a walk together.



### TV MAGIC – PULL AN EXERCISE OUT OF YOUR HAT!

Turn your favorite show into a workout!

- ❖ Each player writes down an exercise, like jumping jacks, sit-ups or push-ups, on a piece of paper.
- ❖ Fold the papers and put them in a hat.
- ❖ While watching TV, each person picks an activity out of the hat.
- ❖ During the TV ads, each player does his or her exercise until the ads are over.
- ❖ When everyone is done, fold the papers and put them back into the hat.
- ❖ Start over with the next ad!



### BE A HEALTHY EXAMPLE

Kids copy the choices that are made around them. It's important to be a good example and help your kids make healthy choices. Here are some great ideas to make healthy living easier for your whole family!

- ❖ You can help your kids make better drink choices. Keep lots of healthy drinks like low-fat milk, water, and sugar free flavored water on hand.
- ❖ Plan active time together. Show your kids how fun it is to get exercise! Go for a walk or play a game outside!
- ❖ Try to sit down together for meals as often as possible.
- ❖ Help your kids to make better snack choices. Keep cleaned fruits and vegetables, yogurt and low-fat popcorn on hand.
- ❖ Teach your kids to eat healthy amounts by letting them serve themselves. Help them to start with small servings and to decide when they've had enough (even if there is still food on the plate).

## 12 EASY WAYS TO EAT 100 LESS CALORIES PER DAY

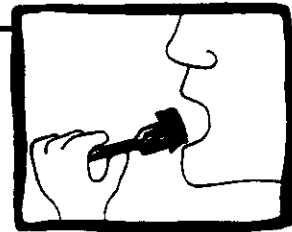
Chew on This: It takes an excess of about 3,500 calories to gain a pound. Break that into smaller bites and 100 extra calories a day can put on about 10 pounds a year. The GOOD NEWS is LOSING 10 pounds can be as easy as eating 100 calories LESS each day for a year.

1. *Modify Your Milk.* Instead of whole milk, switch to 1% or skim milk. The nutrients are comparable.
2. *Modify Your Mayo.* Switch from regular mayonnaise to low-fat.
3. *Rethink Your Drink.* Substitute a 12-ounce can of diet soft drink at 0 calories for a similar amount of regular at 150. Or, drink a cold glass of water, perhaps with a slice of lemon!
4. *Downsize Your Drink.* Switch from a 20-ounce soft drink to a 12-ounce.
5. *Dress, Don't Drown, Your Salad.* Instead of using 3 (or more) tablespoons of dressing per 2 cups of salad, cut back to 1 ½ tablespoons or try the reduced calorie versions.

6. *Size Up Your Cereal Bowl.* Eat from a smaller bowl to aid in portion control.
7. *Watch Your Bread and Spread.* Limit the amount of rolls eaten when dining out.
8. *Count Your Calories.* A single medium-sized cookie can have about 100 calories. Often we eat two or more without realizing it.
9. *Top Your Potato with Fewer Calories.* It's easy to slather a couple of tablespoons of butter or margarine (100 calories per tablespoon) on a baked potato. Switch to sour cream or yogurt.
10. *Lesson Your Liquor.* A typical 5-ounce glass of wine has 100 calories; a 12-oz serving of beer, 150; and 1 ½ ounces of distilled spirits, 100.
11. *Be Size-Wise with Fast Food.* Skip the mayo. Order the smallest size of fries and share. Instead of fries, consider a side salad with fat-free or reduced-calorie dressing.
12. *Practice Portion Control with Popcorn.* A bag of microwave popcorn can contain up to 5 servings (at 100 calories each).

### Tiny Bites Total Big Calories!

- |   |  |   |
|---|--|---|
| <p>☑ BITE 1. One-fourth cup of orange juice remains in the carton. You might as well finish it, right? <b>Calories: 26</b></p> <p>☑ BITE 2. Two tablespoons of granola are left in the box. It's hardly worth returning to the cupboard. You add it to your serving of cereal. <b>Calories: 64</b></p> <p>☑ BITE 3. You add two teaspoons powdered cream substitute in the coffee at work. Someone made really strong coffee today. Adding creamer is the only way you can stand the taste. <b>Calories: 20</b></p> <p>☑ BITE 4. You take just a small "sample" of the cake in the break room. Well, maybe a second "sliver" would be O.K. too! <b>Calories: 73</b></p> <p>☑ BITE 5. Oops! You forgot to ask them to leave the mayo off the hamburger this noon. <b>Calories: 100</b></p> | <p>☑ BITE 6. Add two mints. You also forgot to have them leave off the onion! Better have a mint or two for your breath, just in case. <b>Calories: 20</b></p> <p>☑ BITE 7. You take a small chocolate from your coworker's candy jar. You have to crank out a big report this afternoon. This is for medicinal purposes only! <b>Calories: 25</b></p> <p>☑ BITE 8. A second chocolate from your coworker's candy jar. You finished the report — what better way to celebrate? And besides, it's just a tiny piece of candy. <b>Calories: 25</b></p> <p>☑ BITE 9. There you are with a handful of snack mix. The gang has gotten together after work to celebrate completing the report. You just order mineral water; but surely just a handful of mix can't have many calories. <b>Calories: 105</b></p> | <p>☑ BITE 10. Cheese on cracker at grocery store. After all, it's a small sample. <b>Calories: 55</b></p> <p>☑ BITE 11. Two tablespoons macaroni and cheese. You're trying out a new recipe. You taste as you cook to get the seasonings just right. <b>Calories: 54</b></p> <p>☑ BITE 12. One-fourth cup macaroni and cheese. Your new recipe tasted great; however, there's a small amount left over. It hardly seems worth the effort to refrigerate only a fourth cup. You don't want to toss it, so you eat it. <b>Calories: 108</b></p> |
|---|--|---|



**The Grand Total "Extra"  
Calories For The Day:  
675**

## FAST FOOD QUIZ

It pays to know before you go. Sometimes a food that sounds healthy is not really that great of a choice when it comes to calories. Here is a quiz to put you in the know. Choose the lowest calorie item for each choice below:

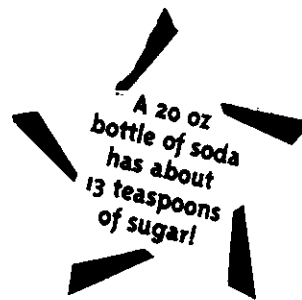
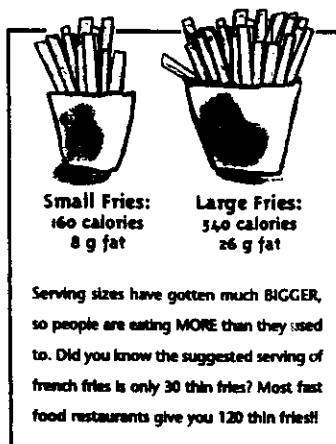
1. A Taco Bell Salad or a McDonald's Big Mac
2. A super-size serving of French fries or a Quarter Pounder with Cheese
3. Egg McMuffin or a Sausage Biscuit with Egg
4. Wendy's Classic Single hamburger with everything or a Wendy's Broccoli and Cheese Potato

## FAST FOODS CAN SLOW YOU DOWN

Sometimes if you're in a hurry, fast food can seem like a good idea. It's OK once in a while, but most fast foods have lots of fat and calories and not many vitamins.

If you have to eat fast food, try to make better choices:

- ❖ Choose a baked potato instead of French fries
- ❖ Choose ketchup or mustard instead of mayonnaise
- ❖ Try a turkey or chicken sub or sandwich instead of fried chicken or burgers
- ❖ Have lowfat milk or water instead of soda



## LIQUID LOOK OUT

Soft drinks can be hard on you. Are you thirsty? A sweet drink or soda may not be the answer! The same sugar that makes them taste good can make you MORE thirsty than you were before! Choose lowfat milk, water, or 100% juice instead of soda to keep your body running smoothly.

**Do you take a bath in soda?** If you drink too much, your teeth do. Lots of kids are drinking more soda than ever. There may even be a soda machine at your school. But too many sodas can lead to more cavities, and more trips to the dentist.

1. The Big Mac contains 590 calories while the Taco Bell Salad has 840. However, your best bet is the Grilled Chicken Deluxe with only 440.
2. Surprise! A super sized fry has 540 calories while the Quarter Pounder with Cheese contains 530.
3. This one was easy – the Egg McMuffin contains only 290 calories while a Sausage Biscuit with Egg has 510.
4. Wendy's Classic Single Burger with everything has 410 calories while the Wendy's Broccoli and Cheese Potato contains 480. Your best bet is to order a plain baked potato filled with salsa and a little margarine and a Spring Mix salad with the dressing on the side.

Answers:

## TRAIL GRANT

The Chippewa County MSU Extension office received a mini-planning grant to create an EUP Trails Project. The main goals were to develop an inventory of trails and bring together a variety of individuals and user groups for a fall 2004 trails summit. This MSU Land Use and Policy grant capitalizes on several local programs and projects to build momentum for support of trail planning and building.

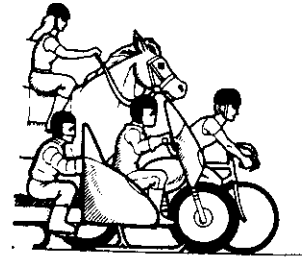
In the Sault there is the local "Cool Cities" grant awarded to attract and hold younger persons of the creative class to the area. Other initiatives include the Building Healthy Communities coalition sponsored by the Health Department. Both of these programs have at their core promoting and planning trail use. Regional projects include the Forest Service collaboration with MSU Student Landscape Architects to create a local vision for the Whitefish Bay Scenic Byway. Many communities have expressed an interest in trail development within their community, and surveys indicate trails and their use rate high with citizens. Joe Gallagher was hired as the Trail Consultant.

Most trail users are aware of several trails – some are mapped and others not. The first part of the project was to collect information and begin mapping trails using the Geographic Information Systems thru the EUP Regional Planning office. Much of the trail data has been mapped, but not collected in one location.

The second part of the grant was to bring together trail users for a summit to discuss future plans, interests, and to break down any perceived barriers that may exist between user groups. According to Gallagher, "When we get right down to it, all trail users have at least one thing in common, we all want to be out enjoying a trail in this area. When we realize this commonality we begin to see that we have more in common and are less in opposition."

The momentum built from this project will help us to create a network of users to continue collaborating, plan future trail projects, and plan for a larger trail summit to be held in the spring of 2005.

Dr. Soji Adelaja, MSU Professor in the Land Policy Program commented, "Normally we see grant requests for a lot of money that promise very little. We are excited about this project as it requests very little money but gets to the heart of making things happen."



## TRAIL SUMMIT NOTES October 16, 2004

It was a rainy autumn day – good for going out and marking snowmobile trails or for staying at home, warm and dry, watching the Spartan game. Some did these things, and some came out to talk about trails. Over 20 individuals, representing a variety of organizations and covering a wide geographic area were in attendance.

The purpose of the summit was to gather trails information and bring user groups together to discuss the future of regional trails. It was an opportunity to share success stories and begin communicating and educating each other. Through communication, perceived barriers are broken down thus making it easier to build paths to partnerships.

The meeting began with a brief description of the trails grant. Participants introduced themselves and the group they represented. Each was asked to describe what issues they had and their goals. Organizations included Superior Trail Riders, Kinross Township, Sault Ste Marie City Planning, MDNR Forest Resource Division, Little Traverse Conservancy, two chapters of the North Country Trail Association, Sault Snowmobile Club, Eastern UP Snowmobile Council, EUP Nature Tourism Alliance, UP Mountain Biking from Marquette, Drummond ORV and Cross County Ski Clubs, Michigan Horse Council, Alger Chamber of Commerce, Chippewa County GIS Department, LSSU Parks and Recreation Department, Sault Visitor and Convention Center, Sault Township Elementary School, and Building Healthy Communities Coalition.

Participants discussed access, communication, tourism and promotion, multi-use trails, trail inventory and mapping, and resources. The focus then shifted to a discussion of the future of trails development in the EUP.

MSU Extension has compiled a summary for participants and other interested parties. A copy is available by contacting Joe Gallagher at 906-635-6368. MSU Extension will continue developing a trail inventory and map of trails in the region.



## MULTIPLICATION

So you want to multiply your houseplants. Some are easy to propagate at home; others are more challenging. The keys are starting with healthy plants, choosing the proper propagation method, and providing a suitable environment.

Plant diseases and common houseplant insect pests can be propagated along with plants, so it's important to start with healthy plant parts and disease-free seed. Portions of healthy, vigorously growing plants are also more likely to establish roots and begin to grow on their own.

Some houseplants can be propagated by more than one method. African violets, for instance, can be grown from seed, from division, or from single leaves. For other plants, such as true ferns and orchids, generally only one method will succeed. So choosing the appropriate method has a lot to do with your chances of success.

All plant propagation methods fall in one of two categories: sexual or asexual (also called vegetative). Plants propagated sexually are grown from seeds. The others are grown from other plant parts, most often leaves and stems.

The third key is providing a suitable environment. Seeds and cuttings generally need high humidity, a moist growing medium, and warm temperatures for quick germination and successful rooting.

High humidity is necessary when propagating plants – it reduces water loss from leaves so that new plants don't wilt and dry out before they develop a good root system. Moist air also keeps the growing medium from drying out.

Another factor in successful propagation is using a sterile material for starting seeds and cuttings. A sterile medium is free of disease organisms. This is critical because the warm, humid conditions that promote germination and rooting also are ideal for fungi and other disease organisms.

Containers for growing medium must be cleaned and sanitized before use. Any shallow container will do, as long as it has some way of letting excess water drain out. A clear cover – such as plastic wrap, a plastic bag, or a big glass jar – keeps the air around plants moist and lets light in. It also makes it easy to check for emerging seedlings or wilting or other signs of trouble.

## HOUSEPLANT PESTS

Though it may seem unlikely, especially if you never put any of your plants outdoors, houseplants can be attacked by pests. Maybe they hitchhiked in on a recent acquisition; maybe they flew in through an open door or found their way in through a torn window screen. Or maybe you did put some plants outdoors during the warm months. Once inside, with no natural enemies or freezing temperatures, pest populations can really take off.



The most common pests include spider mites, whiteflies, aphids, scale, and mealybugs. These pests suck plant juices and cause stunting or twisted growth. Fungus gnat larvae and springtails may infest pots and injure roots. Thrips and even slugs may come indoors with plants and rasp tissue from flower petals and leaves. If you find pests on one of your plants, the first thing to do is inspect the others and isolate infested plants.

A thorough washing with a stream of water or an insecticidal soap solution is often enough to stop an infestation. With small plants, you can use foil, paper, or a rag to hold the soil in the pot while you turn the container upside-down and swish the plant in a pail of lukewarm water for several minutes. Larger plants can be sprayed with a strong stream of water from a flexible hose hooked to the sink. Scale insects may require more vigorous treatment with a soapy cloth or soft toothbrush to dislodge them.

Chemical insecticides and miticides are another option. Some houseplants are sensitive to these products, however. Treating these plants is simply trading chemical injury for insect damage. Check labels for warnings about sensitive plants. For these plants, a cotton swab dipped in rubbing alcohol is recommended. Try to keep the alcohol off the plant as much as possible.

If you decide to try chemical insecticides, make sure the plant you intend to treat and the pest are both listed on the label, and follow directions precisely. Test the product on a small part of each plant. If burned leaf tips or leaf edges appear within 48 hours, that plant and that product are not a good combination.

A severely infested plant may not be worth the investment of time and effort that it would require to control the outbreak. In these instances, you might be doing yourself a favor to discard the plant and replace it.



### PROJECT FRESH GETS A BOOST

For the past 3 years, one can find Lisa Myers, MSU Extension Family Nutrition Educator, at the Wednesday evening Farm Market behind the Chippewa County Health Department. "The market runs from 5:15 to 7:15 throughout the summer months. We chose this place and time so that WIC moms receiving Project FRESH coupons can leave right from the nutrition class to purchase their produce," said Ms. Myers. "For the past 2 years, we have received \$20 booklets of coupons that we distribute to 300 families in Chippewa County. This summer our allocation was cut to only 100 families. This is why we asked the Chippewa County Community Foundation for help."

At the request of MSU Extension, Chippewa County Community Foundation gave the local WIC program a grant of \$1,200 for the purchase of an additional 200 Project FRESH booklets for distribution to WIC families in Chippewa County. Market Master Jim Lucas, County Director for MSU Extension, is very pleased with this donation. "There are very few places where a grant this size can directly help over 200 families purchase locally grown produce and fruits," said Mr. Lucas. "In addition to helping over 200 families, it brings another \$4,000 to local farmers; it is a win-win situation for all. Anything to bring more business to our downtown and to local growers is good for all."

Both the Project FRESH Program and the Farmers' Market have been great successes this year. We were able to distribute all 300 coupon booklets to WIC families in Chippewa County and the market has grown to over 20 local vendors. For more information on the Family Nutrition Program or Project FRESH, contact Lisa Myers at 906-635-6368.



### CHECK GERMINATION RATES

It's a dilemma. You have seeds left from what you bought to plant last year's garden. Should you buy all new seed, perhaps unnecessarily, or should you assume that the leftover seed will germinate OK?

There's a third option. Conduct a home germination test on the leftover seed. Then you'll know whether you can count on the seed on hand or should replace it.

If they've been properly stored in moisture- and vapor-proof containers in a cool area, most seeds should germinate and grow fine in the second or even third years after you bought them. In that case, it's probably not necessary to test them. If leftover seed packets were merely stuffed into a coffee can and set in the utility room on the shelf, however, you might consider them questionable. Stored like that, exposed to heat and humidity, even normally long-lived seeds may fail.

To make sure leftover seeds will germinate adequately this year, roll 10 seeds from each packet in a moist paper towel, wrap rubber bands or wire twister ties around the towels to keep the seeds from falling out, and place each towel in a labeled plastic bag in a warm spot (75 to 90 degrees F). The top of the refrigerator is usually a good place.

Moist seeds that are going to germinate will do it within a week. Count the number of seeds in each towel that sprout and multiply by 10 to get the germination percentage for the whole lot. A germination rate below 50 percent clearly indicates you should buy new seed. Higher rates suggest that the seed lot will probably be OK, though you may want to plant the seed a little more thickly than usual, just in case the germination rate outdoors is lower.

Using a combination of old and new seed is probably a better idea than relying entirely on leftover seed, especially for a major crop.





## CHANGING THE SCENE

Change is in the air. At least it is at Brimley Area School where students, parents, and staff members are busy forming a team and working together on a \$1,000 grant project to *Change the Scene* by improving the school's nutrition and physical activity environment.

Brimley Area School is one of fifteen schools in Michigan chosen to receive a Changing the Scene Healthy School Environment grant. The grants are funded by a Team Nutrition Training Grant from the USDA and facilitated by MSU Extension. As part of the grant, Brimley School will have the opportunity to use a state-of-the-art resource kit, *Changing the Scene: A Guide to Local Action*, developed by USDA's Team Nutrition program.

"One of the main grant requirements, and goals of the project is that Brimley School form a Coordinated School Health Team to assess what's currently going on at school, in relation to nutrition and physical activity using Michigan's Healthy School Action Tool," explains Lisa Myers, Brimley School's *Changing the Scene* grant coordinator. "After our team takes a look at Brimley School's current school nutrition and physical activity environment, we'll create an action plan to implement our change. Putting our plan into action will be the next step, and the most important one, explains Myers. "We're really looking forward to that."

Results from the evaluation process will enhance future *Changing the Scene* interventions in the state of Michigan. Implementation of positive changes in the nutrition and physical activity environments of schools not only impacts the students but also school personnel, parents, and community members.

Brimley School is a Team Nutrition school. Team Nutrition is a nation-wide program that helps schools plan, prepare, and serve healthy school meals; and educates children about nutrition and physical activity. Team Nutrition also encourages families and community members to get actively involved in promoting food and physical activity choices for a healthy lifestyle.

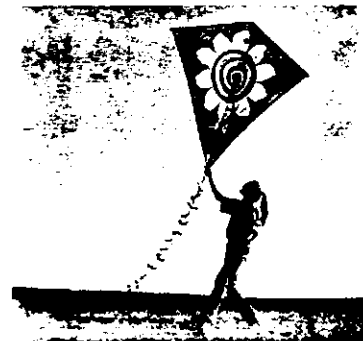
## BARN AGAIN & 4-H LEGACY



If you did not get a chance to attend the traveling Smithsonian exhibit *Barn Again*, you missed out on something special. Through this exhibit, the Michigan Humanities Council funded the EUP 4-H Legacy Project that produced a video and series of scanned photographs from the 1940s through the 1970s.

The grant was written, and all the activities were coordinated, by Rudyard Superintendent Nancy Berkompas who made the EUP 4-H Legacy Project a success. Many of our grandparents are in this video and it is a chance to tie the past to the present.

Copies of the scanned pictures can be yours for a donation to the Chippewa County Community Foundation 4-H Legacy fund. Call Jim Lucas at 906-635-6368 for details.



## COUNCIL of ARTS GRANT

Even without a 4-H Agent, the Chippewa County office has volunteers working with youth in our community. Recently the Chippewa County Committee for the Michigan Council for the Arts and Cultural Affairs awarded the "Kite Man" Richard Ross a grant to work with the Brimley, DeTour, and Ojibwe Charter Schools on the history and making of kites.

While these schools have agreed to work with Mr. Ross, other schools and youth groups can schedule him. If you remember two years ago when they tried to fly enough kites to set a record in Mackinac County, then you know the energy he brings with his programs. Please give Jim Lucas a call at 906-635-6368 if you would like information on bringing the Kite Man to your school or group.



### A NEW BABY

A new year  
A new baby  
A decision on how you'll feed your new little one.  
You can choose a gentler way of feeding. A  
warm, cozy, snuggly way:  
Breastfeed!

Why breastfeed? Because it's better for baby.  
Better for you, too. Breastfeeding is nutritionally  
superior and always available at a low cost – no  
cost actually. Breastfeeding is economically  
sound and environmentally safe. It protects  
mom and baby from diseases.

Why breastfeed? Why not?

Questions about breastfeeding –  
Call Mary Couling at 906-635-3629 or  
Davine Hester at 906-635-3640.



### MASTER GARDENER 2005

Master Gardener will once again come to  
Chippewa County – in the fall of 2005!

We are pleased to announce that we will once  
again offer the ten-week Master Gardener series  
on Tuesday nights starting September 6, 2005 at  
the Kinross Township Hall.

Due to the extreme popularity of this program we  
are requiring a \$25 deposit to hold your place.  
We are limited to 45 people in the Kinross  
location, but will be offering classes on  
Wednesday evenings in Engadine and on  
Thursday evenings in Escanaba. Please call  
Jan at 906-635-6368 for details on reserving  
your spot for this exciting class.



### FARM MARKET

Last summer a Farm Market was held on  
Wednesday evenings. The City of Sault Ste  
Marie, Sault Downtown Development Authority,  
Project FRESH, and Michigan State University  
Extension sponsored this weekly event. The  
location was behind the Chippewa County Health  
Department in the parking lot across from  
Penny's Kitchen.

On this humble location you could buy the  
freshest, just picked produce that money could  
buy! Almost all of it was raised without the use  
of synthetic fertilizers or pesticides. If you  
wanted to know how it was raised, you could ask  
the people that raised it. Not only could you find  
the freshest produce around, you also found  
inspected bison, lamb, and chickens raised on  
local farms sold by the people that raised them.  
Did I mention baked goods? Some still warm  
from the ovens and you met the people that  
baked them. We had one vendor that was so  
committed to his produce, he drove from  
Kewadin every Wednesday to sell cherries,  
blueberries and apples, products that are not  
usually grown in our area.

What makes this such an excellent place to buy  
your food? Where else can you ask how the  
plants were raised, how the animals were cared  
for, and get tips for making great cherry pie?  
Only at your local Sault Ste Marie Farmers'  
Market. We want you to get to know the people  
that raise your food. They are your friends and  
neighbors. For every dollar that you spend in  
local business, it is estimated that \$.64 is spent  
back into the community. Can you say that  
about the big stores? Are you a producer of  
local products and need a spring-to-fall market  
place – we may have what you are looking for.  
Next year's market should be bigger and better  
yet. Give our office a call at 906-635-6368 for  
more information.

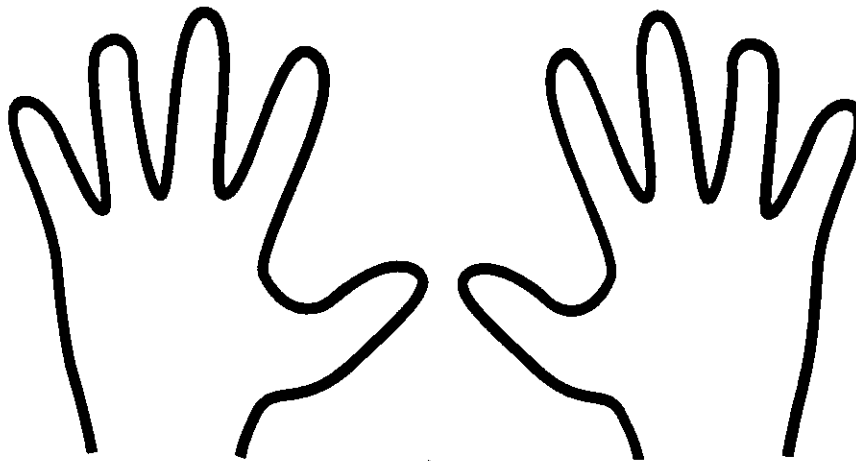
## HANDLE CREDIT CARDS WISELY

Credit cards can serve many useful purposes, but people often misuse them. Take, for example, the habit of making only the 2% minimum payment each month. On a \$2,000 balance with a credit card charging 18% interest, it would take 30 years to pay off the amount owed. Imagine how fast you would run up your debts if you did this with several cards. Here are some tips for handling credit wisely:

- ❖ Keep only one or two cards, not the usual eight or nine
- ❖ Don't charge big-ticket items. Find less expensive loan alternatives
- ❖ Shop around for the best interest rates, annual fees, service fees, and grace periods
- ❖ Pay off the card each month, or at least pay more than the minimum
- ❖ Still have problems? Leave the cards at home or cut them up



## The 10 Most Common Causes of Infection



## WASH YOUR HANDS

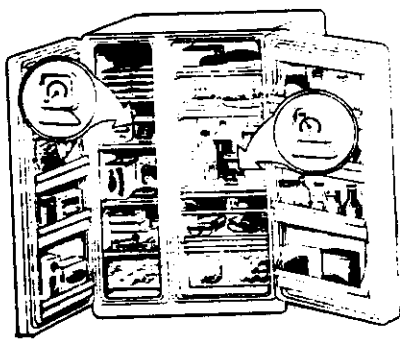
**Handwashing is the Most Effective Way  
to Stop the Spread of Illness**

### **Wash Your Hands After:**

- (and before!) Handling food or eating.
- Using the bathroom or changing diapers.
- Sneezing, blowing your nose or coughing.
- Touching a cut or open sore.
- Playing outside or with pets.

### **Here's How:**

1. Wet your hands with WARM, running water.
2. Add soap and rub hands together, front and back, between fingers and under nails for about 20 seconds.
3. Rinse. Dry hands with a clean paper towel.
4. Turn off water with used paper towel(s) before throwing it away.



### KEEPING YOUR COOL

Keep an appliance thermometer in your refrigerator and in your freezer to assure they stay at 40°F or lower (refrigerator) and 0°F or lower (freezer). Buy a thermometer at a discount, hardware, grocery store or other store that sells kitchen cooking tools. Periodically, place an instant-read thermometer in your refrigerator and in your freezer to check the accuracy of your appliance thermometers. Replace any inaccurate appliance thermometer if it cannot be calibrated.



### KEEPING SPICES AND HERBS

- ❖ As a general rule, keep:
  - herbs or ground spices for 1 year
  - whole spices for 2 years
- ❖ Buy a smaller container until you determine how fast you'll use a particular spice or herb.
- ❖ If a spice or herb smells strong and flavorful, it's probably still potent.
  - Check an herb or a ground spice by rubbing a small amount in your hand. If the aroma is fresh, rich and immediate, it can still flavor foods.
  - Check a whole spice – such as a clove or cinnamon stick – by breaking, crushing, or scraping it before smelling it.
  - Avoid smelling pepper or chili powder as they can irritate your nose.
- ❖ Initial quality will influence shelf life.
- ❖ Label date of purchase on container with a permanent marking pen.

### COOKING WITH KIDS

More than just fun – it can help them learn to eat new, healthy foods.



#### Kitchen Safety Rules

- ❖ Wash hands before cooking and again after sneezing, coughing, or using the bathroom.
- ❖ Watch out for sharp or hot things! An adult should ALWAYS oversee any part of cooking that uses the oven, stove, or microwave OR knives and sharp objects.
- ❖ Make sure pot handles are turned away from the edge of the stove.
- ❖ If you spill something, clean it up right away – so you don't slip or fall.

### KID SIZE PIZZA

You will need:

- crust: small tortilla, half bagel, or English muffin
- spaghetti sauce
- grated cheese (low fat is best)
- vegetable toppings – like broccoli, mushrooms, or green, yellow, or red peppers

What to do:

- preheat oven to 400°F
- clean vegetables and have an adult help chop them
- spread pizza crust with spaghetti sauce
- bake on baking sheet for 5-10 minutes – until cheese is melted and bubbly

### RAINBOW VEGGIE POCKETS

You will need:

- one red/orange vegetable like carrot, tomato, or red pepper
- one green vegetable like broccoli, green pepper, or cucumber
- one other color vegetable like cauliflower, yellow pepper, or cooked corn
- pita pockets
- fat-free salad dressing

What to do:

- wash all vegetables and pat dry with paper towel
- peel vegetables as needed and have an adult help cut them into small pieces
- stuff each pita with 3 different color vegetables and top with dressing.
- Crunch!

# *Our Mission:*

Michigan State University Extension  
helps people improve their lives  
through an educational process  
that applies knowledge to critical issues,  
needs, and opportunities.

## **CHIPPEWA COUNTY STAFF:**

Jim Lucas – County Extension Director and Economic Development Agent

Lisa Myers – Family Nutrition Program Agent

Mary Couling – Breast-feeding Peer Counselor

Davine Hester – Breast-feeding Peer Counselor

Danielle King – Groundwater Educator

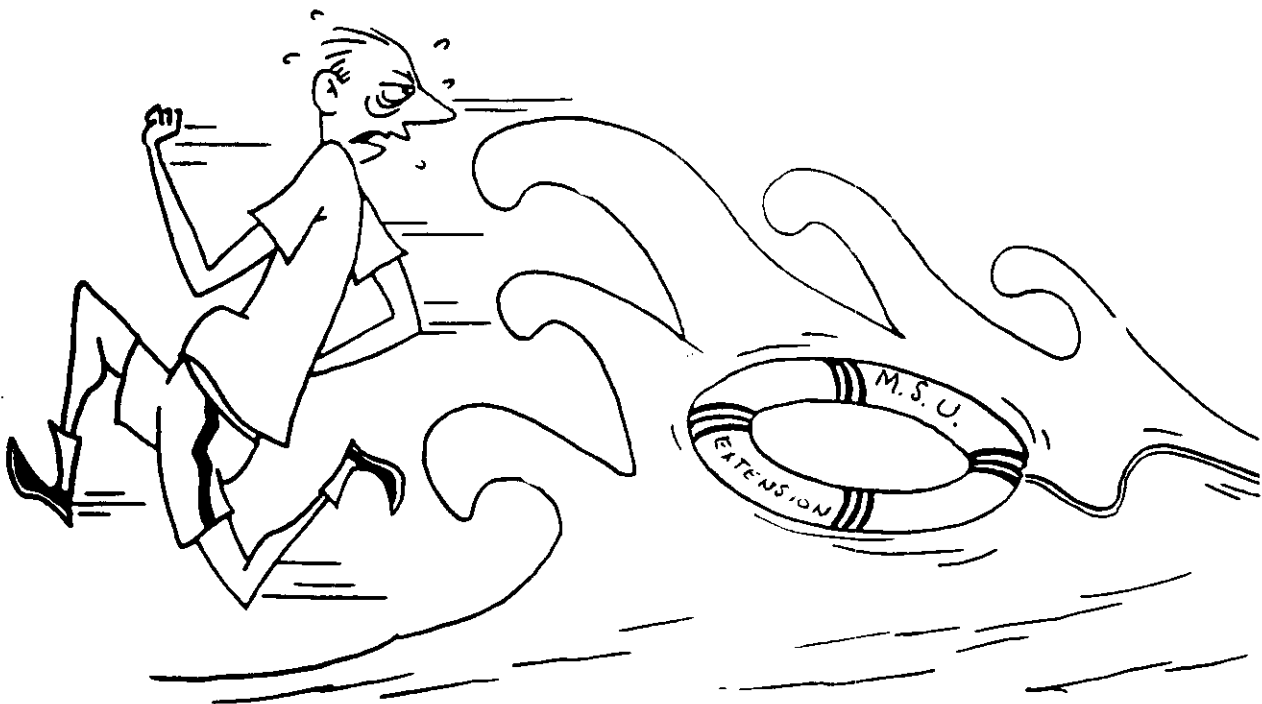
Joseph Gallagher – Trails Consultant

Jan Sweet – Office Manager

M.S.U. Extension programs and materials are available to all without regard to race, color, national origin, religion, gender, age, disability, political beliefs, sexual orientation, marital status, or family status.

MSU Extension – Chippewa County  
300 Court Street  
Sault Ste Marie, MI 49783

ADDRESS SERVICE REQUESTED



Need a hand ... MSU Extension  
is here to help . . . . .